



olestra1@cspinet.org
05/11/2005 09:58 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 5-11-2005

Name: [REDACTED]

Age: 45

Sex: M

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 5-11-2005 11:45 AM

When problem? 1 hours 15 minutes

When problems end? not yet

Still persist? Yes

Occations: first time

Problems/Severity:

- Diarrhea:
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: none
- Fecal urgency: moderate
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet: mild
- Other:

additional details:

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips?

Read label before eating?

Would you have linked your symptoms?

Which olestra product?

- Lay's Regular, size: small, amount: 3/4 bag

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room?

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? yahoo search engine



olesta1@cspinet.org
05/12/2005 09:58 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 5-12-05

Name: [REDACTED]

Age: 52

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 5-8-05 All day

When problem? 24 hours minutes

When problems end? Haven't ended!!!

Still persist? Yes

Occations: 4+ days

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: mild
- Fecal urgency: moderate
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: severe
- Greasy stools: severe
- Oil in toilet: severe
- Other: see below

additional details:

Today, 4 days later, orange on Q-tip when cleaning both ears.

Note: I ate an entire can of fat-free Pringles over the course of the day on Sunday, 5-8-05.

Have eaten Olestra in the past but do not remember such problems.

eat olestra again? Yes
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips? Yes

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- SCO Pringles, size: REgular, amount: Whole can
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes
specify GI: Dr. says I have diverticulosis (spelling), however, I am unaware
of symptoms. Did you have the flu, allergy, or other illness that might have
explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? Yes

Contact Company? No

response?

Media?

web site? Surfing and trying to find out about my symptoms



olesta1@cspinet.org
05/12/2005 05:37 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 5/12/2005

Name: [REDACTED]

Age: 28

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email:

Phone: ()

Fax: ()

Suffer: Yes

When eat? 5/3/2005

When problem? 3 hours 30 minutes

When problems end? 5/4/2005

Still persist?

Occations:

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: none
- Fecal urgency: none
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

Flatulence odor was very sour and strong

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? flatulence

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- SCO Pringles, size: regular, amount: 2 servings

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

embarrassment due to odor and unable to control

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? internet search on olestra

10-206



olestra1@cspinet.org
05/13/2005 12:07 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 5/13/05

Name: [REDACTED]

Age: 29

Sex: f

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? may 11, 2005

When problem? 24 hours minutes

When problems end?

Still persist? Yes

Occations: 7

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: mild
- Nausea:
- Fecal urgency: none
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: mild
- Vomiting:
- Yellow-orange stains in underwear: mild
- Greasy stools: mild
- Oil in toilet: mild
- Other:

additional details:

eat olestra again?
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips?

Read label before eating?

Would you have linked your symptoms?

Which olestra product?

- Original Pringles, size: , amount: whole
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems?

Did you have the flu, allergy, or other illness that might have explained your problems?

Where/when problems occur?

safety problems/inconvenience?

seek medical help?

emergency room?

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again?

Contact Company?

response?

Media?

web site?

10-207



olesta1@cspinet.org

05/13/2005 07:00 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 5-11-05

Name: [REDACTED]

Age: 39

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 5-11-05 8:30PM

When problem? hours 45 minutes

When problems end? Still going on

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: mild
- Fecal urgency: none
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other: lost sleep due to cramping

additional details:

This felt like appendicitis.

My gut was tender to the touch and severely knotted up.

I still feel crampy but not as bad as it was all night.

eat olestra again? No

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: 6.5 oz. can, amount: 1/4 package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

got no sleep, late to work, poor performance at work, had to explain wwhat was wrong to my boss

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? internet search



olesta1@cspinet.org
05/13/2005 09:17 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 5/13/05

Name: [REDACTED]

Age: 52

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 5/10/05

When problem? 1 hours minutes

When problems end? stomach still feeling affects

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: severe
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear:
- Greasy stools: mild
- Oil in toilet:
- Other: feels like Ive gotten a very bad stomach flu

additional details:

I only ate a handful at the time but it was tonight that I was able to realize what has happened after my husband told me he wouldnt eat those because of the oil then I realized what day i started hurting and had such bad gas problems that wouldnt go away and have hurt in the stomach eversince. I may have given one to our dog and she had to go to the vet with stomach problems and throwing up as well. I knew she had eatten something but until now didnt connect it with myself or her. She is on spasm meds at this time.

eat olestra again?
problems again?

Problem(s) reoccurred? Threw the chips OUT!

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: medium, amount: 10chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: gerdDid you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
gas

seek medical help? No

emergency room? No

diagnosis? I had decided today if no better by Monday that Id speak to the dr. when haveing blood work done

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company?

response? will call on Monday

Media?

web site? I went on the search to learn what might be happening to me

10-209



olesta1@cspinet.org
05/14/2005 06:42 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

History: This message has been forwarded.

Date: 5-15-05

Name: [REDACTED]

Age: 28

Sex: f

Address: [REDACTED]

Occupation: [REDACTED]

Email: na

Phone: (na)

Fax: ()

Suffer: Yes

When eat? 5-15-05 6pm

When problem? 24 hours minutes

When problems end? 5-16-05

Still persist? No

Occations: 2

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: severe
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: severe
- Yellow-orange stains in underwear: severe
- Greasy stools: severe
- Oil in toilet: severe
- Other:

additional details:

I THINK IT IS HORRIBLE OF YOU TO LET THIS PRODUCT GO ON THE SHELF WITHOUT A WARNING!!!!!!!!!! YOU ARE DISGUSTING PEOPLE!!!!!!!!!! HOW DARE YOU DO THIS TO US, THE CONSUMER? I ATE SOME, WITHOUT KNOWING THE SIDE EFFECTS, AND GOT VIOLENTLY ILL! YOUR ADMINISTRATION SUCKS AND THIS PRODUCT SHOULD BE ILLEGAL! WHAT'S WRONG WITH YOU? YOU HAVE 20,000 COMPLAINTS (NOW YOU HAVE 20,001) AND YOU STILL ALLOW THIS PRODUCT TO GO ON THE MARKET????? HOW DARE YOU!!! OLESTRA CAUSES THE WORST STOMACH PROBLEMS. I ALREADY HAVE A SENSITIVE STOMACH, AND I HAD TO SUFFER FOR AN ENTIRE DAY ON THE TOILET... AND FOR WHAT? SO THAT YOU AND FRITO LAY CAN MAKE A BUCK? YOU ARE BAD BAD PEOPLE WITH NO CONCERN FOR HUMANITY. PUT THE GODDAM WARNING LABEL BACK ON FOODS THAT CONTAIN OLESTRA!

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: MEDIUM, amount: 10 CHIPS
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes
specify GI: YES I HAVE A SENSITIVE STOMACH. Did you have the flu, allergy, or
other illness that might have explained your problems? No NO I DID NOT HAVE THE
FLU. THE FLU DOES NOT CAUSE LIQUIFIED POOP!

Where/when problems occur?

safety problems/inconvenience? yes
FU! I SPENT THE REST OF THE DAY IN THE BATHROOM

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? Yes

Contact Company? Yes

response? I'M GOING TO CONTACT THEM NOW

Media? Yes

web site?

10-210



olesta1@cspinet.org

05/14/2005 09:51 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

History: This message has been forwarded.

Date: 5/14/2005

Name: [REDACTED]

Age: 31

Sex: M

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 5/13/2005

When problem? 12 hours minutes

When problems end?

Still persist? Yes

Occations: 1+

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: mild
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting:
- Yellow-orange stains in underwear:
- Greasy stools:
- Oil in toilet:
- Other:

additional details:

The Damned name change got me I thought "WOW" chips were gone

eat olestra again? No

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips?

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles Cheddar, size: , amount: 1/4

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site?

10-211



olesta1@cspinet.org
05/15/2005 03:13 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 5/15/05

Name: [REDACTED]

Age: 52

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 5/8/05

When problem? 3 hours minutes

When problems end? later that day

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing:
- Loose stools: none
- Nausea: moderate
- Fecal urgency: moderate
- Flatulence/Gas: none
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- SCO Pringles, size: 6.5, amount: 10-15 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: Have had several diverticulitis attacks. Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

2 days later - thought I had gas but it was diahrea in my underwear

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? I am a subscriber to your Nutrition newsletter

10-212



olesta1@cspinet.org
05/15/2005 05:52 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

History: This message has been forwarded.

Date: May, 15 2005
Name: [REDACTED]
Age: 51
Sex: F
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? May 9, 2005, 2pm

When problem? 6 hours minutes

When problems end? May 10, 2005, 6pm, but stomach pain persisted for 2 more days

Still persist? No

Occations: more than 1 day

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: severe
- Fecal urgency: none
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: severe
- Vomiting: severe
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other: Severe gastritis pain accompanied nausea. I passed out while vomiting

additional details:

Eating any food in the four days after the reaction caused stomach cramps.

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? No

Which olestra product?

- Ruffles Cheddar, size: large, amount: about 1 oz. (12 chips)

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: Acid reflux; IBS(irritable bowel syndrome)Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

A safety issue certainly occurred because I passed out. I was sitting on the toilet with a bucket on my lap because the diarrhea and vomiting were simultaneous. The next thing I was aware of was being on the bathroom floor, vomit everywhere and my glasses broken. I feel fortunate that I was not injured. I am very angry.

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response? I plan to contact them

Media? Yes

web site? google search

10-213



olesta1@cspinet.org
05/16/2005 12:03 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

History:  This message has been forwarded.

Date: 5/16/05

Name: [REDACTED]

Age: 27

Sex: f

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 5/13/05 @600pm

When problem? 15 hours minutes

When problems end? 5/16/05

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: moderate
- Fecal urgency: none
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other: excessive burping

additional details:

I am 11 weeks pregnant and have intentionally avoided olestra products, even before the pregnancy because of the side effects. I was unaware the the WOW chips were now called "Light" and would not have consumed the chips had i known. Because of this episode, I am missing work today and going to the OB. I felt like I was having a miscarriage, the cramps were so severe. It was not until I thought about everything i consumed that it occurred to me it was likely the chips which i have not had before. I will never eat them again.

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips?

Read label before eating?

Would you have linked your symptoms?

Which olestra product?

- Doritos Nacho Cheesier, size: small-med, amount:
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have
explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
up all night, emergency call to OB, miss work one day

seek medical help? Yes

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? google search

10-214



olestra1@cspinet.org
05/17/2005 03:03 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: may 16, 2005
Name: [REDACTED]
Age: 35
Sex: f
Address:
Occupation: [REDACTED]
Email:
Phone: ()
Fax: ()

Suffer: Yes

When eat? may 2005

When problem? 12 hours minutes

When problems end? 48 hours later

Still persist? No

Occations: 1 day

Problems/Severity:
- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: none
- Fecal urgency: mild
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

eat olestra again? Yes
problems again? Yes

Problem(s) reoccurred? all as indicated above

Packet bear label stating olestra may cause?

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? No

Which olestra product?

- Lay's Regular, size: large, amount: 1/4 pkg
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have
explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? I researched Olestra after identifying it as the source of the
problem - yahoo search engine



olesta1@cspinet.org
05/17/2005 05:21 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 5-16-2005

Name: [REDACTED]

Age: 53

Sex: m

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 5-16 noon

When problem? 8+/- hours minutes

When problems end? still have them today

Still persist? Yes

Occations: see above

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: none
- Fecal urgency: none
- Flatulence/Gas: none
- Bloating:
- Abdominal cramps: none
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: moderate
- Oil in toilet: none
- Other: it seemed like little pellits

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? Yes

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: 10 1/4 oz., amount: few chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: acid reflux disease Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

I've taken six imodium pills so far and it stopped, though I wouldn't want to cough too hard (humor)

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? I first looked up the Frito-Lay home site then saw thea the light chips were made using olestra, I looked up olestra and found this cite

10-216



olesta1@cspinet.org
05/18/2005 01:15 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 051705

Name: [REDACTED]

Age: 33

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 05-01-05THRU NOW

When problem? hours minutes

When problems end? HASNT

Still persist? Yes

Occations: 3

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing:
- Loose stools: moderate
- Nausea: severe
- Fecal urgency: severe
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: none
- Vomiting: none
- Yellow-orange stains in underwear: severe
- Greasy stools: severe
- Oil in toilet: moderate
- Other:

additional details:

I HAVE BEEN ON A DIET AND STARTED TO EAT THE RUFFLES LIGHT AND WOULD EAT THEM EVERY DAY FOR LUNCH AND MAYBE FOR SUPPER IF WE HAD A SANDWICH. I HAD NOTICED ALL OF THE ABOVE COMPLAINTS BUT THOUGHT IT WAS CONSISTANT WITH MY DIET UNTIL A HEALTH TEACHER SAID TO ME DOESNT THE CHIPS BOTHER YOU BECAUSE OF THE OLESTRA I DIDNT KNOW WHAT SHE WAS TALKING ABOUT. I DECIDED TO LOOK UP THE SIDE EFFECTS OF "OLESTRA" AND I DO HAVE ALL OF THE ABOVE.

eat olestra again?
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: LARGE, amount: FEW
- Ruffles Cheddar, size: LARGE, amount: FEW

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
I SOILED MY CLOTHS AT WORK HAD TO GO HOME AND CHANGE.

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? LOOKING UP SIDE EFFECT

10-217



olesta1@cspinet.org

05/22/2005 04:40 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 05/22/2005

Name: [REDACTED]

Age: 38

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 5/21/2005 5pm

When problem? 15 hours minutes

When problems end? ongoing

Still persist? Yes

Occations: 3

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet: mild
- Other:

additional details:

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? all

Packet bear label stating olestra may cause? No

Would you have eaten the chips? Yes

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's KC Masterpiece BBQ, size: , amount:
- Ruffles, size: medium, amount: 17 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response? I will be contacting them tomorrow

Media? No

web site? searched msn

10-218



olesta1@cspinet.org
05/22/2005 04:46 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 05/22/2005

Name: [REDACTED]

Age: 39

Sex: male

Address: 38 [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 5/21/2005 5pm

When problem? 15 hours minutes

When problems end? ongoing

Still persist? Yes

Occations: 3

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet: mild
- Other:

additional details:

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? all

Packet bear label stating olestra may cause? No

Would you have eaten the chips? Yes

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's KC Masterpiece BBQ, size: , amount:
- Ruffles, size: medium, amount: 17 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response? I will be contacting them tomorrow

Media? No

web site? searched msn

10-219



olesta1@cspinet.org
05/24/2005 08:14 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 5/24/05

Name: [REDACTED]

Age: 32

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? not specific

When problem? hours minutes

When problems end?

Still persist? Yes

Occations: ?

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: severe
- Fecal urgency: moderate
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: severe
- Oil in toilet: severe
- Other:

additional details:

I never had digestive issues before WOW chiips. I went to my family Dr. after seeing orange oil in the toilet every day for a week. He ran fecal tests and thought I had malabsorbtion. He sent me to a GI specialist (which I still see after a year) who advised me to stop eating Olestra...I did...the oil in my stools went away but I still have the bad digestive issues, which is believed to be from long term use of Olestra. I do Weight Watchers and loved the fact that I could eat some chips and still lose weight. I never thought they would cause me such long term health issues.

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: 6.5, amount: 1/4
- SCO Pringles, size: 6.5, amount: 1/4
- Doritos Nacho Cheesier, size: 13, amount: 1/4
- Tostitos, size: , amount: 1/4

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
gas

seek medical help? Yes

emergency room? Yes

diagnosis? Gastritis, IBS, STOP EATING OLESTRA

medication? Yes

Bently, nexium, valium, zelnorm, etc.

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? Womans Weight Training

10-220



olesta1@cspinet.org
05/24/2005 01:41 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 5/24/05

Name: [REDACTED]

Age: 34

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 5/23 9 p.m.

When problem? 15 hours minutes

When problems end? ongoing

Still persist? Yes

Occations: 2

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: none
- Fecal urgency: none
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear:
- Greasy stools:
- Oil in toilet:
- Other:

additional details:

I am not going to eat olestra again.

As for the question below, I ate Fat-Free Pringles. I do not have the can here and don't know if they bore a warning on the label.

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips?

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- SCO Pringles, size: regular, amount: 5 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? google search

10-22



olesta1@cspinet.org
05/24/2005 04:17 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 5/24/2005

Name: [REDACTED]

Age: 50

Sex: f

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? ALLMOST EVERY DAY

When problem? hours 10 minutes

When problems end? EVERYTIME

Still persist? Yes

Occations: EVERY

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing:
- Loose stools: none
- Nausea: none
- Fecal urgency: none
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps:
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet: mild
- Other:

additional details:

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? SEVERE GAS

Packet bear label stating olestra may cause? No

Would you have eaten the chips? Yes

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: , amount:
- SCO Pringles, size: , amount:
- Lay's Regular, size: , amount:
- Ruffles Cheddar, size: , amount:

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems?

Where/when problems occur?

safety problems/inconvenience?

GAS

seek medical help? Yes

emergency room? No

diagnosis? NOT DIAGNOSD YET

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? I WAS JUST WONDERING IF THIS COULD BE THE PROBLEM I'VE BEEN HAVING WITH WEVERE GAS AND IT WAS

10-222



olesta1@cspinet.org
05/25/2005 02:44 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 5/25/2005

Name: [REDACTED]

Age: 36

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email:

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 5/22/05

When problem? 2 hours minutes

When problems end? They have not ended yet

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: severe
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: severe
- Oil in toilet: none
- Other:

additional details:

Warning should be in large bold letters. It has been cruel and unusual punishment, although it has turned me away from one of my favorite snack foods, so probably a good diet aide for those who can endure the agony, as well as those around you.

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? Yes

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: 13/15 oz, amount: 1/4

- Yes Regular Chips, size: , amount:

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? Yes

Where/when problems occur?

safety problems/inconvenience? yes

Attempted 2 gas stations prior to one allowing me in. I have been farting for days now. I live on a boat and prefer to use facilities at the marina but could not make it up top. I had to call my boat sanitation and tell them to pump out the boat an extra time. Even my dog is offended.

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site?



olesta1@cspinet.org
05/27/2005 09:03 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 5/27/05

Name: [REDACTED]

Age: 34

Sex: f

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 5/26/05 1300

When problem? 1 hours 30 minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: severe
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: severe
- Yellow-orange stains in underwear: none
- Greasy stools: moderate
- Oil in toilet: moderate
- Other:

additional details:

intense cramping for 10 hours. The next day I still have not resumed eating a normal diet as my stomach continues to be upset.

eat olestra again? No

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's KC Masterpiece BBQ, size: , amount:

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

missed celebration dinner with my family

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? google



olesta1@cspinet.org

05/29/2005 09:51 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 5/29/05

Name: [REDACTED]

Age: 31

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email:

Phone: ()

Fax: ()

Suffer: Yes

When eat? 5/29/05 3pm

When problem? 2 hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: none
- Fecal urgency: mild
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: large, amount: 1/8 package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site?



olesta1@cspinet.org
05/30/2005 07:05 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 20050530

Name: [REDACTED]

Age: 19

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? through May

When problem? 6-10 hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: none
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: severe
- Oil in toilet: severe
- Other:

additional details:

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? all of above mentioned problems

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- SCO Pringles, size: reg., amount: whole package
 - Lay's KC Masterpiece BBQ, size: , amount:
 - Ruffles Cheddar, size: large, amount: whole package
- Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
awful gas, stomach rumbling, had to make excuses of why I needed to go home

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? the website on the bag didn't go through, so I tried to find some info on the stuff and on olestra



olesta1@cspinet.org
05/31/2005 02:12 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date:
Name:
Age:
Sex:
Address:
Occupation:
Email:
Phone: ()
Fax: ()

Suffer:

When eat?

When problem? hours minutes

When problems end?

Still persist?

Occations:

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: severe
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: severe
- Yellow-orange stains in underwear: severe
- Greasy stools: severe
- Oil in toilet: severe
- Other:

additional details:

eat olestra again? Yes
problems again? Yes

Problem(s) reoccurred? all

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

everybody laughed at my pants

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? Yes

Contact Company? No

response?

Media? No

web site?



olesta1@cspinet.org
05/31/2005 10:25 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 05/31/2005

Name: [REDACTED]

Age: 28

Sex: Female

Address: 3 [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 5/29/2005 Evening

When problem? 10 hours minutes

When problems end?

Still persist? Yes

Occations: 2

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: moderate
- Fecal urgency: none
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: moderate
- Oil in toilet: none
- Other:

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Tostitos, size: , amount: 1/8th of pack

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

camping trip was cut short due to nausea

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? Google search for Olestra



olesta1@cspinet.org
05/31/2005 11:00 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 05/31/2005

Name: [REDACTED]

Age: 26

Sex: male

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 05/31/2005

When problem? 1 hours 00 minutes

When problems end? 05/31/2005

Still persist? No

Occations: 2

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: none
- Fecal urgency: mild
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: none
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: severe
- Oil in toilet: severe
- Other:

additional details:

I feel cheated. it says 0 fat on the package, and it has this ingredient I have never seen called Olestra. What the hell is olestra? Who allowed them to put olestra in the chips and market it as 0 fat. They might as well put plastic in the chips and sell it, and call Plastic Plastra or so.

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: large, amount: 1/2 of the package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
farting the whole day, very loudly.

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? Yes

response? nobody picked up the call

Media? Yes

web site? web search, searching what the hell olestra is.



olesta1@cspinet.org
06/01/2005 12:50 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 6/1/2005

Name: [REDACTED]

Age: 53

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: () [REDACTED]

Suffer: Yes

When eat? 5/30/2005 around 1 PM

When problem? 24 hours minutes

When problems end? 5/31/2005, around 10 pm

Still persist? No

Occations: 2

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: mild
- Fecal urgency: mild
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear:
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

had a pain on the right side of my intestines and I woke up this morning feeling nauseated.

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: , amount: maybe 10

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response? I will contact them

Media? No

web site? just typed in olestra



olesta1@cspinet.org
06/01/2005 02:40 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

History: This message has been forwarded.

Date: 6/1/05

Name: [REDACTED]

Age: 44

Sex: f

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 05/29/2005

When problem? 3 hours minutes

When problems end? we are on day 4.....

Still persist? Yes

Occations: 3

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: moderate
- Fecal urgency: moderate
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: moderate
- Yellow-orange stains in underwear: moderate
- Greasy stools: moderate
- Oil in toilet: severe
- Other:

additional details:

Package says "Ruffles Light".

Had I known they contained Olestra I would not have purchased them. I just happened to have noticed the ingredient after eating the bag. `

Very deceitful. I'm truly dissapointed in Frito lay.

eat olestra again? No

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: large, amount: whole package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

Sever cramping,

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? friend



olesta1@cspinet.org
06/01/2005 04:25 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 5/31/05
Name: [REDACTED]
Age: 58
Sex: Female
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 5/24/05, 5/25/05 & 5/26/05

When problem? 1 hr hours minutes

When problems end? 5/27/05

Still persist? Yes

Occations: 3

Problems/Severity:
- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: mild
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: moderate
- Oil in toilet: severe
- Other:

additional details:

eat olestra again? Yes
problems again? Yes

Problem(s) reoccurred? Extreme gas & bowel movements

Packet bear label stating olestra may cause? Yes

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: , amount: 1/2 of package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

I had to run from my work station to the bathroom

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? I just did a search under "Olestra" under www.alltheweb.com



olesta1@cspinet.org
06/04/2005 11:55 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 6/4/2005
Name: [REDACTED]
Age: 22
Sex: female
Address: 1000 [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 6/3/2005 3:15 pm

When problem? 1 hours 45 minutes

When problems end? 6//2005 6:00 am

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: none
- Nausea: mild
- Fecal urgency: severe
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: moderate
- Oil in toilet: moderate
- Other:

additional details:

eat olestra again? No
problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: regular, amount: 1/3

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

i had to run to the bathroom while i was taking a patient's blood

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? www.ask.com



olesta1@cspinet.org

06/04/2005 03:44 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 06/04/2005

Name: [REDACTED]

Age: 7

Sex: M

Address: 1 [REDACTED]

Occupation: [REDACTED]

Email:

Phone: ()

Fax: ()

Suffer: Yes

When eat? 6/2/05 & 6/4/05

When problem? 1 hours 30 minutes

When problems end? not known yet

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: Yes
- Loose stools:
- Nausea: mild
- Fecal urgency: mild
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: severe
- Greasy stools: severe
- Oil in toilet: severe
- Other:

additional details:

The problem occurred after consumption on 6/2/05 and on 6/4/05, but no problems on 6/3/05 when there was no consumption.

Luckily, his teen-age sister had heard that fat free products may cause abdominal problems, otherwise we would've gone to the emergency room. Instead we were able to research it on the internet through Google.

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? all the same

Packet bear label stating olestra may cause? No

Would you have eaten the chips? Yes

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Doritos Nacho Cheesier, size: 10 1/4 oz., amount: unknown
- Ruffles Cheddar, size: 10 1/4 oz., amount: unknown

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
leaked when letting out gas

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response? We researched their web site but didn't find any information on the problems related to the product. We didn't contact them though.

Media? No

web site? this web site was brought up when doing research using google, under "Frito Lay reduced fat chips":
carlisle-www.army.mil/apfri/the_truth_about_olestra.htm



olesta1@cspinet.org
06/05/2005 09:02 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: June4,2005

Name: [REDACTED]

Age: 51

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? June 1, 2005

When problem? 2 hours minutes

When problems end? ongoing

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: moderate
- Fecal urgency: none
- Flatulence/Gas: none
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet: moderate
- Other:

additional details:

Caused me to call ambulance because of severe abdominal pain and led me to have a gallbladder attach. I am seeing the surgeon this week and have saved the бага as there is no warning. My husband is also ill.

eat olestra again? No

problems again? Yes

Problem(s) reoccurred? gallbladder

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: large, amount: 1/4 package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

have a six year old and had to have my husband not attend the hospital with me

seek medical help? Yes

emergency room? Yes

diagnosis? gallbladder inflammation due to olestra

medication? Yes

tylenol 3 (codein) and buscopan

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? by chance



olesta1@cspinet.org
06/06/2005 10:13 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 6-06-05

Name: [REDACTED]

Age: 77

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 6-05-05

When problem? 2 appr hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea:
- Fecal urgency: severe
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: mild
- Oil in toilet: mild
- Other:

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred? still having problem

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: medium, amount: 1/2 pack

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? google



olesta1@cspinet.org
06/06/2005 12:01 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: June 6, 2005

Name: [REDACTED]

Age: 48

Sex: f

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? June 1, 2005

When problem? 1 hours minutes

When problems end? June 2, 2005 @ 1:00 am

Still persist? No

Occations: 1 day

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing:
- Loose stools: mild
- Nausea: severe
- Fecal urgency: none
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting:
- Yellow-orange stains in underwear: none
- Greasy stools:
- Oil in toilet:
- Other:

additional details:

I was in so much pain I thought I was going to have to go to the emergency room. I had not idea I could get sick from Lays fat free potato chips. I did not know what was wrong until a co-worker heard me discussing my problems. I threw the bag of chips away and I will never eat olestra again. I cant believe the FDA is allowing that to be sold. It was very scary to me when I didnt know why I was in so much pain.

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: large, amount: 1/4 maybe
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have
explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? looked olestra on internet



olesta1@cspinet.org
06/06/2005 07:09 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

History:  This message has been forwarded.

Date: June 6, 2005
Name: [REDACTED]
Age: 29
Sex: Female
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 5:00 pm

When problem? hours 30 minutes

When problems end? 7:00

Still persist? No

Occations: 3

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: mild
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: none
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet: none
- Other:

additional details:

I had purchased a bag of Light Lays Chips, not realizing that it was the same as WOW. Everyday for about 3 days, I would come home from work and snack on some chips. Within minutes, I was in the bathroom. I went 3 times in a five minute period.

It wasn't until today that I decided to read the package when I ended up in the bathroom. I reasearched the ingrediants and realized that I was experiencing those symptoms related to the Olestra. I then threw the bag out.

eat olestra again? No
problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: Large, amount: a few chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

I was home alone, thankfully

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? From Researching Olestra on Yahoo



olesta1@cspinet.org
06/07/2005 08:55 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 6/62005

Name: [REDACTED]

Age: 13

Sex: M

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 6/2/2005

When problem? 5 hours minutes

When problems end? 6/7/2005

Still persist? No

Occations: 2

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: severe
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: severe
- Yellow-orange stains in underwear: moderate
- Greasy stools: moderate
- Oil in toilet: moderate
- Other:

additional details:

eat olestra again? No

problems again? No

Problem(s) reoccurred? loose stools, cramping, vomiting

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: small, amount: 1/2 of package
- Ruffles, size: medium, amount: a few chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

bowel leakage at night, during a sleepover at a friend's house

seek medical help? Yes

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? mercola.com



olesta1@cspinet.org

06/07/2005 03:04 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

History:  This message has been forwarded.

Date: 06/07/2005

Name: [REDACTED]

Age: 32

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 5/19/2005

When problem? hours minutes

When problems end?

Still persist? Yes

Occations: 4

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: none
- Fecal urgency: none
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other: CONSTIPATION

additional details:

3 LARGE ZITS ON MY FACE THAT HAVE TAKEN FOREVER TO GO AWAY. I HAVE NEVER GOTTEN PIMPLES ON MY FACE LIKE THIS BEFORE. FLATULENCE AND A BLOATED HEAVY FEELING IN MY STOMACH. I GET HUNGRY BUT DON'T WANT TO EAT. I FEEL LIKE SOMETHING IS JUST SITTING IN THE PIT OF MY STOMACH. IT TOOK ABOUT A WEEK FOR THE PROBLEMS TO OCCUR AND IT IS NOW 6/7/05 AND THEY HAVE NOT SUBSIDED. I WORK AT A SCHOOL DISTRICT AND WE RECEIVED 12 BOXES OF THE LIGHT LAYS AND LIGHT CHEESE DORITOS FOR SAMPLES TO SHARE W/ OUR STUDENTS AND PARENTS. BY THE TIME WE GOT THEM WE HAD NO PROGRAMS OR SO FORTH FOR US TO PASS THEM OUT SO WE KEPT THEM FOR OUR STAFF LUNCHEON. WE HAD SEVERAL LEFT OVER SO OUR TEACHERS AND STAFF HAVE BEEN EATING THEM FOR LUNCH AS I HAVE SINCE THE LUCHEON. AFTER ABOUT A WEEK IN A HALF OF EATING THEM (A BAG A DAY) I BROKE OUT AND FELT THE

BLOATING FEELING I HAVE NOW AND FIGURED IT WAS THE CHIPS BECAUSE THAT IS THE ONLY THING I WAS DOING DIFFERENT. A CO-WORKER HAS GOTTEN VERY NAUSEATED AND LIGHT HEADED AFTER ABOUT THE SAME TIME OF EATING THE CHIPS. I AM GLAD WE DID NOT PASS THEM OUT TO THE STUDENTS. MY CHILDREN BOTH ATE ONE BAG EACH AND WOULD NOT TOUCH THEM AFTER THAT.

eat olestra again?
problems again?

Problem(s) reoccurred? PROBLEMS HAVE NOT PASSED

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: SAMPLE PACK, amount: 1 A DAY SINCE 5/19
- Doritos Nacho Cheesier, size: SAMPLE PACK, amount: 1 A DAY SINCE 5/19
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? AFTER READING WHAT WAS ON THE BACK OF THE BAG AND WENT TO THE WEB



olesta1@cspinet.org
06/08/2005 01:40 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 6/7/2005

Name: [REDACTED]

Age: 54

Sex: Male

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? YES - 6/7/2005

When problem? hours 5 minutes minutes

When problems end? still going on

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing:
- Loose stools: severe
- Nausea: moderate
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: severe
- Greasy stools: moderate
- Oil in toilet: moderate
- Other:

additional details:

HAVE HEART CONDITION AND HAD CHEST PAINS, CLAMY HANDS AND HEART PALPATATIONS,
AND HEADACHE.

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips?

Read label before eating?

Would you have linked your symptoms?

Which olestra product?

- Ruffles, size: 10-1/4 OZ, amount: 1 OZ

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

had severe gas, pains

seek medical help? No

emergency room? No

diagnosis?

medication? Yes

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? looked up ingredients because of illness



olesta1@cspinet.org
06/08/2005 06:53 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 6/7/2005

Name: [REDACTED]

Age: 31

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 5/30/2005 6:00pm

When problem? 5 hours minutes

When problems end?

Still persist? Yes

Occations: 7

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: mild
- Fecal urgency: moderate
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? stomach cramps, loose stools

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's KC Masterpiece BBQ, size: , amount:
- Ruffles, size: 10 1/4 oz, amount: about 20 chips
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site?



olesta1@cspinet.org
06/09/2005 12:08 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 6-8-05

Name: [REDACTED]

Age: 63

Sex: Male

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 6-7-05, afternoon, 6-8-05

When problem? 24 hours minutes

When problems end?

Still persist? Yes

Occations: yes

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? diarrha

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: Large, amount: 1/2 package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? search engine



olesta1@cspinet.org
06/09/2005 07:07 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 6/7/05

Name: K [REDACTED]

Age: 36

Sex: Female

Address: 3 [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? June 6, 2005

When problem? hours 45 minutes

When problems end? still not sure

Still persist? Yes

Occations: 2?

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing:
- Loose stools: moderate
- Nausea: mild
- Fecal urgency: mild
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: mild
- Oil in toilet: none
- Other:

additional details:

Was not feeling well last week either- just figured out it was the Ruffles Light Cheddar & Sour Cream potato chips. YUCK! Of course I threw them out and will never buy them again!

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles Cheddar, size: large, amount: a few
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have
explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site?



olesta1@cspinet.org
06/10/2005 01:40 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 6/10

Name: [REDACTED]

Age: 63

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 6/6 5PM

When problem? 6 hours minutes

When problems end? hasn't yet

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: moderate
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: moderate
- Greasy stools: severe
- Oil in toilet: severe
- Other:

additional details:

I thought that I had some serious medical problem but rode it out. These people should be jailed and forced to eat a bag of their own product!!! Then they could appreciate how embarrassing AND VIOLENTLY uncomfortable the results are -not to mention the change in air quality! I'm still having gas and cramping and this is Friday! I couldn't go to school today and massage anyone because of the close quarters I'd be working in! And I still had nausea feelings.

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: 13-15 oz, amount: 1/4

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

I had 2 casses on separate days that I had to run out of the room every 10-15 minutes

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? keyword



olesta1@cspinet.org

06/10/2005 07:24 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 06-10-05

Name: [REDACTED]

Age: 27

Sex: female

Address: [REDACTED]

Occupation: s [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? many times over 2 yrs

When problem? daily hours 4-7 x dly minutes

When problems end? n/a

Still persist? Yes

Occations: not sure- just learned of this problem with olestra today

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: none
- Fecal urgency: moderate
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

i love these chips-i have been eating them for past 2 yrs if not more. Just today i decided i wanted to know what this wonderful olestra is. now looking back i thought i might share that 1.5 yrs ago i was under treatment of a gastrointerologist for frequent bm- always very loose and sometimes pretty close to liquid and also underwent a colonoscopy which at the time revealed nothing. I still have frequent bm's and i guess ill try eliminating them and see what happens...my dr never mentioned olestra- maybe its a coincident in my case?...

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: lrg, amount: 17
 - Lay's KC Masterpiece BBQ, size: , amount:
 - Doritos Nacho Cheesier, size: lrg, amount: 17
 - Ruffles, size: lrg, amount: 17
 - Ruffles Cheddar, size: lrg, amount: 17
 - Tostitos, size: , amount: 17
- Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: never prior to this particular 2yr battle- i was very regularDid
you have the flu, allergy, or other illness that might have explained your
problems? No

Where/when problems occur?

safety problems/inconvenience? yes

just embarrassing that I was always in the restroom when company is over or at
someones house...

seek medical help? Yes

emergency room? No

diagnosis? overactive bowel syndrome

medication? Yes

told to use product "Citucel" to regulate

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? search results when type keyword olestra



olesta1@cspinet.org
06/13/2005 07:45 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 6/13/05

Name: [REDACTED]

Age: 42

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 06/13/05 12:30 PM

When problem? 1 hours 00 minutes

When problems end? not yet

Still persist? Yes

Occations: 3

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: mild
- Fecal urgency: mild
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

not sure of Greasyness or oilyness.

I just realized today why I've been feeling like this lately. 06/8 & 06/9/05 most recently.

Not sure of the label, it's all gone now. I had put some in a baggie and took to work. But, I think it did state it.

I ate Cheetoos.

eat olestra again? Yes
problems again? Yes

Problem(s) reoccurred? cramps so far.

Packet bear label stating olestra may cause? Yes

Would you have eaten the chips? Yes

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: IBS (causing constipation) Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? did a search for olean cramps, Link from news info



olestra1@cspinet.org

06/13/2005 11:30 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 06/13/05

Name: [REDACTED]

Age: 19

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 6/13/05 1230pm

When problem? 2 hours 00 minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: mild
- Fecal urgency: moderate
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: moderate
- Oil in toilet: none
- Other:

additional details:

bad uncontrollable gas

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? No

Which olestra product?

- Lay's Regular, size: large, amount: 17 chips
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

seek medical help? No

emergency room?

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? when i googled olestra



olesta1@cspinet.org
06/14/2005 11:59 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: june 13 2005

Name: [REDACTED]

Age: 31

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? june 12 9pm

When problem? 2 hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: mild
- Fecal urgency: none
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: mild
- Vomiting: mild
- Yellow-orange stains in underwear: mild
- Greasy stools:
- Oil in toilet: none
- Other:

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: large, amount: 1/4 package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? google search



olesta1@cspinet.org
06/15/2005 09:46 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

History:  This message has been forwarded.

Date: 06/15/05

Name: [REDACTED]

Age: 38

Sex: F

Address: MI

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 12:00

When problem? 1 hours 30 minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: none
- Fecal urgency: mild
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet: none
- Other:

additional details:

A friend had me try the chips, saying they were "light" chips. WOW was not on the bag & I really didn't investigate the bag. She said they were new. I ate 10 - 20; a teacher stopped in and saw the chips and mentioned they were the WOW chips, which I would NEVER buy or eat normally, with Olestra. She said they made her bloated and crampy and within 1 hour, I had the same problems, with slight nausea and stomach gurgling etc. Still going thru the incident so I hope it doesn't get worse!

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? No

Which olestra product?

- Ruffles Cheddar, size: 13-15oz, amount: 10 - 20 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: Burning stomach from Motrin. Nothing like this tho. Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? Yes

response? pending

Media? No

web site? google site

10-250



olesta1@cspinet.org
06/16/2005 12:21 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

History:  This message has been forwarded.

Date: 6/16/05

Name: [REDACTED]

Age: 29

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 6/15/05 at 8pm

When problem? hours 30 minutes

When problems end? 6/16/05 at 12pm

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: none
- Fecal urgency: mild
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

I regret purchasing these cheddar and sour cream chips since I had no idea there was olestra in them. Had I know it was the second ingredient, I wouldn't have purchased the chips. I'm aware of the effects of olestra, but not that olestra was in the chips.

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles Cheddar, size: medoum, amount: whole package
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes
specify GI: mild - not like what i experienced. Did you have the flu, allergy,
or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
in the car on the way to a meeting....didn't know if i'd make the meeting
without having to run to the bathroom

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? google search



olestra1@cspinet.org
06/17/2005 08:43 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 6/17/05

Name: [REDACTED]

Age: 30

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 6/13 and 6/14 in p.m.

When problem? 12 hours minutes

When problems end?

Still persist? Yes

Occations: 2

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: moderate
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: moderate
- Oil in toilet: moderate
- Other:

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips?

Read label before eating?

Would you have linked your symptoms?

Which olestra product?

- Doritos Nacho Cheesier, size: large, amount: 1/4 package
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes
specify GI: only constipationDid you have the flu, allergy, or other illness
that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
flatulence while at work in closed space

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? google



olesta1@cspinet.org
06/17/2005 08:50 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 6-17-05

Name: [REDACTED]

Age: 24

Sex: f

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 6-16-05 1200 pm

When problem? 6 hours minutes

When problems end? ????????

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools:
- Nausea: severe
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: severe
- Greasy stools: severe
- Oil in toilet: severe
- Other:

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: , amount: 17

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? just looked at computer